

Quick Reference Table for all Levels

UPDATED 3-23-09

Age Level	U-6	U-7	U-8	U-9	U-10	U-12	U-15
Roster	6	6	8	10	12	12	12
Team on Field	3	3	4	6	8	8	8
Minimum on Field	3	3	4	6	7	7	7
Ball Size	3	3	3	4	4	4	5
Game Duration	2 x 16	2 x 20	2 x 24	2 x 30	2 x 30	2 x 30	2 x 35
Substitutions: at a stoppage in play and with referee's approval.	Dead ball at or near 4, 8, and 12 minutes (each should be 1 minute)	Dead ball at or near 5, 10 and 15 minutes (each should be 1 minute)	Dead ball at or near 6, 12 and 16 minutes (each should be 1 minute)	Any Stoppage in Play	Any Stoppage in Play	Any Stoppage in Play	Any Stoppage in Play
Throw-ins	one re-try	one re-try	one re-try	one re-try	no re-tries	no re-tries	no re-tries
Offsides	not enforced	not enforced	not enforced	not enforced	enforced	enforced	enforced
Penalty Kicks	none	none	none	none	allowed	allowed	allowed
Field Size in Yds.	20 x 30	30 x 40	30 x 40	40 x 50	50 x 60	50 x 70	50 x 70
Goal Size in Ft.	4 x 6	6 x 9	6 x 9	6 1/2 x 18	6 1/2 x 18	8 x 24	8 x 24
Goal Box in Yds.	none	none	none	6 x 15	6 x 15	6 1/2 x 18	6 1/2 x 18
Penalty Box in Yds.	6 x 20	6 x 30	6 x 30	10 x 40	15 x 35	15 x 35	15 x 35
Goal Kicks	from penalty box	from penalty box	from penalty box	from goal box, must clear penalty box	from goal box, must clear penalty box	from goal box, must clear penalty box	from goal box, must clear penalty box
Goal Keepers	No goalkeeper	No goalkeeper	6-Second Rule	6-Second Rule	6-Second Rule	6-Second Rule	6-Second Rule
Free Kicks	Indirect	Indirect	Indirect	Indirect	Indirect/Direct	Indirect/ Direct	Indirect/ Direct

NOTE: Roster, team size, and field size are subject to change based on registration numbers.

U-9 to U-15: No more than (4) four meetings per week, including games and practices.

U-6 to U-8: No more than (3) three meetings per week, including games and practices.

Goal posts need to be secured before each game to ensure the safety of the players!